

CENTENNIAL RECREATION SENIOR CENTER



Morgan Hill Senior Café

The Morgan Hill Senior Café offers delicious weekday lunches to seniors. Seniors who are 60+ are suggested to pay a \$2.50 donation. Individuals who are under 60 pay \$5.00.

Lunches are served at noon Monday through Friday. Reservations must be made by 11:30a.m.

Location: Centennial Recreation Senior Center, Multipurpose Room

The Centennial Recreation Senior Center provides comprehensive services, fitness programs, educational classes and enrichment programs to individuals in the Morgan Hill, San Martin and Gilroy communities who are 50 years and older.

171 W. Edmundson Avenue, Morgan Hill, CA 95037
(408) 782-1284

Hours of Operation

Monday - Friday 8am-3pm

***"A Place where Older
Adults Thrive
as Members of an Aging
Friendly Community"***



The Daily Grind

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+
Drop-in: \$0.25 per cup			

Arts, Crafts and More

WATERCOLOR

OFFERED BY GAVILAN COLLEGE

Learn basic use of color and techniques of water color in this fun and relaxing class.

Instructor: Rupa Gupta

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	TH	1pm-4pm	50+

Free/\$30 Material fee optional

Register at the Centennial Recreation Senior Center

SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Join other scrapbookers and exchange ideas while creating albums that reflect your favorite memories.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	T	10am-12pm	50+

Drop-in: \$1

Please provide your own materials.

KNITTING AND STITCHERY

Do you enjoy the lovely art of needlework? Now is your chance to knit and stitch with others who love this art! Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Enjoy other types of needlework? Bring your craft and come and share ideas with everyone! Men are welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	Th	10am-11am	50+

Drop-in: \$1.00

NEEDLEWORK GROUP

Are you unable to come and stitch during the day? Then come to our evening Needlework Group if you enjoy any kind of needlework, including knitting, cross-stitch, or crochet. Bring your project and enjoy the company of your fellow crafters and get new ideas!

Facilitator: Carolyn Trevino

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	W	5pm-9pm	50+

Drop-in: \$2.00

RECIPE CLUB

Come and exchange some of your favorite recipes while indulging with friends in a delicious lunch representing the chosen theme of the month! We'll take turns preparing our favorite recipes and exchanging recipes at monthly meetings.

Facilitator: Betty Lewis

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd Tuesday of month	12pm-2pm	50+

Drop-in: Free



ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our 50+ Adult community, as well as other talented local artists.

Educational Opportunities

SOUTH COUNTY LIFELONG LEARNING (SCLL)

Location: Centennial Recreation Senior Center

Are you interested in a rich and evolving array of courses and programs at the university level for adults 40+? Do you enjoy listening to professionals such as Forensic Anthropologists talk about the fascinating work that they are involved in? Have you ever wondered what really takes place on the International Space Station? Then, these classes are for you!

Engage in discussions, enjoy lectures or presentations, and consider life's questions—and answers. Courses are not graded and adults are encouraged to participate just for the joy of learning! Contact the Senior Center at 782-1284 for a list of courses.

For more educational opportunities, see "Arts, Crafts and More" and "Computer Programs".

Fitness

AQUATIC FITNESS CLASSES

See page 10 for class information.

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	10:15am - 11:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	9:15am-10:15am	50+
Ongoing	Th	2pm-3 pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Natalya Keys

Location: Centennial Recreation Center, Aerobics Room

Date	Day	Time	Age
Ongoing	M/W/F	1pm-2pm	50+

Resident: \$7/CRC Member: Free

Non Resident: \$9/CRC Member: Free

50+ GOLF FOR BEGINNERS

Learn one of the fastest growing sports in America...golf! During this five-week program, golf professional Scott Krause will teach golf techniques from putting to the full swing. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
3610.201	6/15-7/13	T	11am-12pm	50+	5

Resident: \$74/CRC Member \$69

Non-Resident \$84/Non-Resident CRC \$74

50+ GOLF FOR INTERMEDIATE PLAYERS

During this 5 week program, golf professional, Scott Krause, will teach intermediate golf techniques, continuing the emphasis on the full swing. Pitching, sand and trouble shots will also be focused upon.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
3610.202	8/9-9/6	M	12pm-1pm	50+	5

Resident: \$74/CRC Member \$69

Non-Resident \$84/Non-Resident CRC \$74

BODY DYNAMICS: CHAIR TAI CHI FOR HEALTH, ARTHRITIS AND BACK PAIN

OFFERED BY GAVILAN COLLEGE

This course is designed for the 50+ adult student and teaches awareness and knowledge of physical fitness, stress management, nutrition, and health conditions that affect the body as aging occurs. Stretching and Tai Chi chair exercise are incorporated into each class meeting.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	10:30am-12pm	50+

Drop-in: Free

TAI CHI FOR WELLNESS

OFFERED BY GAVILAN COLLEGE

This course will provide students with the opportunity to learn basic Tai Chi. Students will experience sitting exercises, warm-up exercises, standing exercises, the beginning of Kuang Ping Yang Tai Chi long form and other Tai Chi movements. The emphasis will be on movements which the students can perform on their own on a daily basis for improved health and well-being.

Instructor: Mary Dunn

Location: Community and Cultural Center, Mira Monte Room

Date	Day	Time	Age
Ongoing	Th	6:30pm-8pm	50+

Drop-in: Free

SENIOR AEROBICS

OFFERED BY GAVILAN COLLEGE

Improve your strength, flexibility, and cardio vascular system with this fun non-impact exercise program.

Instructor: Barbara Mendonca

Location: Centennial Recreation Senior Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/Th	Class 1: 10am-11am Class 2: 11am-12pm	50+

Drop-In: Free

WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: Free

Things To Do
mark your calendars

Tons of fun, activities, and events
for the whole family. See page 4.
Just For Teens - page 32.

Cards and Games

CARD GAMES

Drop in Card Games: includes Bridge, Pinochle, Rummy, 500, and others.

Location: Centennial Recreation Senior Center, Senior Lobby

Date	Day	Time	Age
Ongoing	M/F	1pm-3pm	50+
Drop-in: Free			

DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M	6:30pm-10pm	All
Ongoing	Every 3rd Sunday	12pm-4pm	All

Drop-in: \$5.00

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables available for open play during Senior Center hours.

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

500 CARD GAME

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+
Free			

BINGO

Come and meet new people while enjoying the fun game of BINGO!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M/W	10:30am-11am	50+
Free			

SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	Th	10am-12pm	50+
Drop-in: Free			

Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Lu Jenner

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	T	1pm-2pm	50+
Drop-In: \$1			

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	1st and 3rd Friday of each month	11am-12pm	50+

Drop-In: Free

Singing, Music and Entertainment

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitated by Denise Melroy

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	Th	11am-12pm	50+
Drop-In: Free			

MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Monday of each month	1pm-3pm	50+

Drop-In: Free

Travel Programs

EXTENDED TRIPS

Southern Charm: 9/12/2010-9/18/2010

Featuring Charleston, Savannah and Jekyll Island

Spectacular South Africa: 10/21/2010-11/2/2010

(Optional 3-night Victoria Falls post tour extension.)

Discover culture and nature in harmony by exploring part of this amazing continent.

Contact the Senior Center for Travel Brochure and Pricing

Photography Programs

PHOTOGRAPHY CLUB

Come and share your photos and learn more about photography. All levels are welcome.

Facilitator: Susan Brazelton

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st Wed. of month	7pm-9pm	All

Drop-in: \$20 annual dues fee

INTRODUCTION TO NATURE PHOTOGRAPHY

Compose and capture great images of the nature around you. You don't need to own a fancy camera to take good pictures. Learn your camera's automatic settings. Learn about exposure, camera angles and the rules of composition. Receive tips on color and techniques for great nature photographs. Bring your camera and tripod if you have one.

Facilitator: Noella Vigeant

Location: Centennial Recreation Senior Center, Computer Room

Activity #	Date	Day	Time	Age	Sessions
3510.201	6/22-7/6	T	1pm-3pm	50+	3

Resident: \$45 / CRC Member: \$40

Non Resident: \$50 / CRC Member: 45

Prerequisites: Participants should have basic knowledge of their digital camera and know how to transfer photos from the camera to the computer, as well as know how to transfer images electronically (CD, flash memory stick or via internet).

INTRODUCTION TO PHOTOSHOP ELEMENTS FOR PHOTOGRAPHY

Photography today is as much about the camera as it is about the software used to enhance it. The course is for learning the tools available to today's photographer in Adobe Photoshop Elements. You will learn the most common digital enhancements used by photographers. We'll cover the basics of photo editing: resizing, cropping, color correction as well as explore special effects, image manipulation and layers in Photoshop Elements. This class is suitable for beginners as well as intermediate photographers.

Facilitator: Noella Vigeant

Location: Centennial Recreation Senior Center, Computer Room

Activity #	Date	Day	Time	Age	Sessions
3510.202	7/1-7/22	Th	9am-11:30am	50+	4

Resident: \$60/CRC Member: \$55

Non Resident: \$65/CRC Member: \$60

Prerequisites: Participants must have a good understanding of Windows XP or Windows Vista.

Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access.

Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Leigh Donaldson and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: Free

Instruction also available in Spanish

LEARN TO USE YOUR LAPTOP

Never used a laptop computer before or do you have a new laptop, but you're not sure how to use it to its full potential? Let our knowledgeable laptop computer volunteers help to get you started.

Instructor: Tony Razouk and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: Free

LEARN TO USE FACEBOOK

Want to connect with friends and family? Enter into the newest form of communication and learn how to use Facebook, one of the biggest social networking websites in the world. Learn how to set up your Facebook page and invite people into your world, send messages and pictures and play games. Safety precautions when using Facebook will also be addressed.

Instructor: Judy Nichols

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age	Sessions
6/17	Th	12:30pm-3:30pm	50+	1

Resident: \$20/CRC Member \$15

Non-Resident \$30/Non-Resident CRC \$25

Pre-registration required

Prerequisite: Participants must come to class with an established email address. For assistance in creating an email address and account, students may visit a Computer Co-Pilots class prior to the start of the Facebook class.

Special Services & Interests

NEWCOMER'S WELCOME

Are you new to the Senior Center Programs or Senior Café? Would you enjoy learning more about the Senior Center to see what kinds of programs might interest you? Would you enjoy meeting other seniors?

Facilitator: Senior Center Staff

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
6/18	F	1pm-2pm	50+
7/16	F	1pm-2pm	50+
8/20	F	1pm-2pm	50+

Drop-in: Free

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1st Friday of the Month	2pm-3:30pm	All
Ongoing	3rd Tuesday of the Month	6pm-7:30pm	All

Drop-In: \$2

HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. The Council on Aging is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2 nd & 4th Friday of the month	9am-12pm	60+

Advance appointment required
Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Spanish speaking assistance available.

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd Wednesday of every other month	1pm-3:30pm	50+
Ongoing	3 rd Thursday of every other month	1pm-3:30pm	50+

Advance appointment required
Free

HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut! Cherisse's Hair Salon, voted best hair salon in Morgan Hill, believes in giving back to the community and giving our seniors the latest and greatest in style techniques.

Facilitator: Cherisse White and the stylists at Cherisse's Hair Salon

Location: Centennial Recreation Senior Center, Teen Center

Date	Day	Time	Age
7/20	T	9:30am-11:30am	60+
9/21	T	9:30am-11:30am	60+

Must schedule appointment in advance. Dry cuts only. A \$5 fee is donated directly back to the Senior Center.

BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachela of St. Louise Hospital

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
8/19	Thursday	10:15am-11am	60+

Drop-In: Free

BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Friday of each month	9am-11am	50+

Drop-In: Free

COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

Date	Day	Time	Age
Ongoing	One Friday of each month	11am-12pm	50+

Drop-In: Free

AARP SAFE DRIVING PROGRAM

Take this 8-hour classroom refresher program that is specifically designed for drivers over the age of 50. Upon completion of the course, participants receive a certificate to be used for discount automobile rates.

Facilitator: Camille Bounds

Location: Centennial Recreation Senior Center, Multipurpose Room

Contact (408) 776-1413, between the hours of 1pm and 6pm only or the Senior Center at (408) 782-1284.

Advance Registration Required.

Class is free. \$10 optional for course completion certificate

INFORMATION AND REFERRAL

The Centennial Recreation Senior Center maintains a resource directory of services available to seniors in the South County and Santa Clara County. For information regarding senior related services, contact the Senior Center at 782-1284

OUTREACH TRANSPORTATION

Provides transportation services to seniors 7 days per week. For those who wish to use Outreach to attend the Morgan Hill Senior Café, transportation is provided at no cost. Contact the Senior Center at 782-1284 to obtain an application.

SECOND HARVEST FOOD BANK

This program distributes a bag of food every Thursday morning to low-income seniors who meet eligibility requirements. For more information and an application, contact the Senior Center at 782-1284.

SENIOR CENTER WITHOUT WALLS

Group activities and classes for seniors who are unable to go to the Senior Center. Activities and classes are conducted by toll free telephone conference calls. Contact the Senior Center for more information at 782-1284.

SENIOR PROGRAMS AND SERVICES COMMITTEE

The Senior Programs and Services Committee operates in partnership with the Director of Senior Programs and Services to provide a voice regarding the needs and wants of the older adult community through the evaluation and development of programs, policies and services. Meetings are held on the 3rd Tuesday at 6pm at the Centennial Recreation Senior Center. Your committee members are:

Robert Best, Frank Diaz, Jill Kirk, Karen Lengsfeld, Jeannette Riley, Cricket Rubino Gloria Subocz, John Tarvin and Linda Tarvin.

DISASTER REGISTRY FOR VULNERABLE SENIORS

Do you live alone? Do you rely on public transportation to get around? Do you have special medical needs? If you answered yes to any of these questions, then you might be especially vulnerable after a major disaster. Your confidential information will be entered into a data base to be utilized only during an emergency. Contact the Senior Center at 782-1284 to help determine if you might be eligible for this program.

VIAL OF LIFE

The Vial of Life program allows individuals to provide medical information in advance that can be used by emergency personnel. A vial, labeled with a Vial of Life sticker, contains a medical form listing the health status of the individual and current medications being taken. The vial is placed in the refrigerator and a sticker is placed on the outside of the refrigerator door so that responding emergency personnel will know to look for the vial. Obtain your free Vial of Life kit at the Centennial Recreation Senior Center.

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.

Need space?



Room Rentals
at the Community &
Cultural Center as low as

\$25 /hr

Just some of our amenities:

Banquet and classroom seating
Executive style boardroom table
Teleconferencing needs
Advanced sound system
Dance floor
LCD projector and screens
TV, DVD, and VCR capabilities
White board
Internet hook-ups

Space available:

- * Two large multi-purpose
- * Three classrooms
- * Two meeting rooms
- * Children's pavilion
- * Full-service kitchen
- * Outdoor amphitheater
- * Charming rose garden

408.782.0008 • www.mhcommunitycenter.com



Book Your Next Birthday Party With Us!

Centennial Recreation Center
Year Round Bookings – (408) 782-2128 x803
Aquatics Center Parties
Summer Bookings – (408) 782-2134 x710